relation of

$-15° \leq \Delta\phi < 0°$.

14. A method of recording/reproducing optical information, comprising the steps of: projecting light in spots with respect to both first and second portions of a recording layer of the optical information recording medium according to claim 5; and forming recording marks having mark lengths nT to mT to perform recording, so that IL1 and IL2 satisfy a relation of $1 < (IL2/IL1) < 1.3$.

15. A method of recording/reproducing optical information, comprising the steps of: projecting light in spots with respect to both first and second portions of a recording layer of the optical information recording medium according to claim 6; and forming recording marks having mark lengths nT to mT to perform recording, so that IL1, IS1, IL2 and IS2 satisfy a relation of

$0.7 < (IS2/IL2)/(IS1/IL1) < 1$.

16. A method of recording/reproducing optical information, having a step of projecting light in spots using an objective lens with respect to both first and second portions of a recording layer using the optical information recording medium according to any one of claims 1 to 8, wherein assuming that a wavelength of the light is λ, a numerical aperture of the objective lens is NA, and a shortest mark length of the recording mark is ML,

$0.25 < NA \bullet ML/\lambda < 0.38$ is established.

17. An optical information recording/reproducing apparatus having an optical head which projects light in spots with respect to both first and second portions of a recording layer using the optical information recording medium according to any one of claims 1 to 8.

18. The optical information recording/reproducing apparatus

according to claim 17, wherein the optical head has an objective lens having a numerical aperture of 0.8 to 0.9.

19. The optical information recording/reproducing apparatus according to claim 17, wherein the optical head has a laser light source which emits the light having a wavelength λ, and an objective lens having a numerical aperture NA, and the optical head forms the recording mark in such a manner as to establish $0.25 < NA \bullet ML/\lambda < 0.38$ assuming that a shortest mark length of the recording mark formed by irradiation with the light is ML.